



## Life Education

Dear parent and carers

Life Education offers a range of age-appropriate modules aligned to the curriculum in Health and Physical Education and General Capabilities. Each module is designed to inspire and empower students, providing knowledge, skills and strategies around topics of physical health, safety and social and emotional wellbeing, all through interactive learning experiences.

The Life Education Van will be at Fairfield West Public School between 7 November -22 November. This program would usually cost each student, but we have been provided with a free visit in 2024.

The students will engage in the following modules:

Grade	Module	Content
Kindergarten	Safety Rules!	Kindergarten students will learn how to recognise safe and unsafe environments, recognise safe and unsafe situations and behaviours online, how to care for others and places and people we can go to for help.
Year 1	Growing good friends	Year 1 students will identify the qualities and attributes of a good friend, recognise importance of respectful relationships for wellbeing, learn strategies to seek, give, or deny consent and learn about people in our network who support and help us.
Year 2	Ready steady go!	Year 2 students will identify how resilience and overcoming challenges can boost wellbeing, learn the benefits of physical activity, learn behaviours that promote health and wellbeing and learn strategies to manage feelings and emotions.
Years 3	Friends and Feelings	Year 3 students will learn to broaden and develop emotional literacy, identify and practise assertive communication skills, practise emotional regulation skills such as mindful breathing and skills for building positive relationships with friends.
Year 4, K/6A and K/6M	Cyber wise	Year 4 students will learn to keep personal information safe online, how to recognise, react and report unwanted contact and potential predatory behaviours, be responsible and respectful behaviour when using communication technology and exploring the role of bystanders.





Years 5	Relate, Respect, Connect	Year 5 students will learn how to respect themselves and others, identify characteristics of positive relationships, learn strategies to help maintain positive online and offline relationships learn how to recognise, react and report unwanted contact, bullying or predatory behaviours.
Year 6	Take a breath!	Year 6 students will learn what vapes and cigarettes are, the physical, social, financial & health effects of cigarettes, e-cigarettes and nicotine. Learn the comparisons and connections between e-cigarettes/vaping and the history of smoking and strategies & responses that model assertiveness and resilience in challenging situations.
Support unit – K/6P, K/6C, K/6G, K/6M, K/6T, K/6J and K/6B	Harold's healthy day	Students will learn about food and nutrition, important daily hygiene routines and the benefits of sleep and exercise.

If you do not want your child to attend, please contact the office on 9604 5568 before 7 November 2024.

Ms G Goldfinch  
Principal  
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